



National Nutrient Database for Standard Reference

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Full Report (All Nutrients) 20014, Corn grain, yellow

Report Date: June 27, 2017 03:17 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Common Name: dent corn, field corn

Carbohydrate Factor: 4.03 Fat Factor: 8.37 Protein Factor: 2.73 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 166g
Proximates					
Water	g	10.37	10	1.037	17.21
Energy	kcal	365	--	--	606
Energy	kJ	1527	--	--	2535
Protein	g	9.42	7	0.337	15.64
Total lipid (fat)	g	4.74	4	0.456	7.87
Ash	g	1.20	4	0.070	1.99
Carbohydrate, by difference	g	74.26	--	--	123.27
Fiber, total dietary	g	7.3	--	--	12.1
Sugars, total	g	0.64	--	--	1.06
Minerals					
Calcium, Ca	mg	7	4	0.886	12
Iron, Fe	mg	2.71	6	0.403	4.50
Magnesium, Mg	mg	127	1	--	211
Phosphorus, P	mg	210	5	28.792	349
Potassium, K	mg	287	1	--	476
Sodium, Na	mg	35	1	--	58
Zinc, Zn	mg	2.21	5	0.478	3.67
Copper, Cu	mg	0.314	6	0.071	0.521
Manganese, Mn	mg	0.485	3	0.125	0.805
Selenium, Se	µg	15.5	5	3.023	25.7
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 166g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.385	1	--	0.639
Riboflavin	mg	0.201	1	--	0.334
Niacin	mg	3.627	1	--	6.021
Pantothenic acid	mg	0.424	1	--	0.704
Vitamin B-6	mg	0.622	2	--	1.033
Folate, total	µg	19	--	--	32
Folic acid	µg	0	--	--	0
Folate, food	µg	19	--	--	32
Folate, DFE	µg	19	--	--	32
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	11	--	--	18
Retinol	µg	0	--	--	0
Carotene, beta	µg	97	--	--	161
Carotene, alpha	µg	63	--	--	105
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	214	--	--	355
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	1355	--	--	2249
Vitamin E (alpha-tocopherol)	mg	0.49	--	--	0.81
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.5
Lipids					
Fatty acids, total saturated	g	0.667	--	--	1.107
16:0	g	0.569	197	--	0.945
18:0	g	0.075	197	--	0.124
Fatty acids, total monounsaturated	g	1.251	--	--	2.077
16:1 undifferentiated	g	0.004	197	--	0.007
18:1 undifferentiated	g	1.247	197	--	2.070
Fatty acids, total polyunsaturated	g	2.163	--	--	3.591

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 166g
18:2 undifferentiated	g	2.097	197	--	3.481
18:3 undifferentiated	g	0.065	197	--	0.108
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.067	16	--	0.111
Threonine	g	0.354	35	--	0.588
Isoleucine	g	0.337	35	--	0.559
Leucine	g	1.155	35	--	1.917
Lysine	g	0.265	101	--	0.440
Methionine	g	0.197	34	--	0.327
Cystine	g	0.170	30	--	0.282
Phenylalanine	g	0.463	35	--	0.769
Tyrosine	g	0.383	34	--	0.636
Valine	g	0.477	34	--	0.792
Arginine	g	0.470	31	--	0.780
Histidine	g	0.287	19	--	0.476
Alanine	g	0.705	29	--	1.170
Aspartic acid	g	0.655	29	--	1.087
Glutamic acid	g	1.768	29	--	2.935
Glycine	g	0.386	29	--	0.641
Proline	g	0.822	28	--	1.365
Serine	g	0.447	29	--	0.742
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0